An apple tart a day? Why not?

Ricotta cheese and fruit in a homemade pastry capture the flavours of fall in a small bite PAGE 19

TIGERS POUNCE ON SERIES LEAD

MISSED CALL HELPS DETROIT BLANK NEW YORK FOR A 2-0 CUSHION IN THE ALCS PAGE 25

VANCOUVER metro®

Monday, October 15, 2012

News worth sharing.

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Shark-fin photo-op has critics on the attack

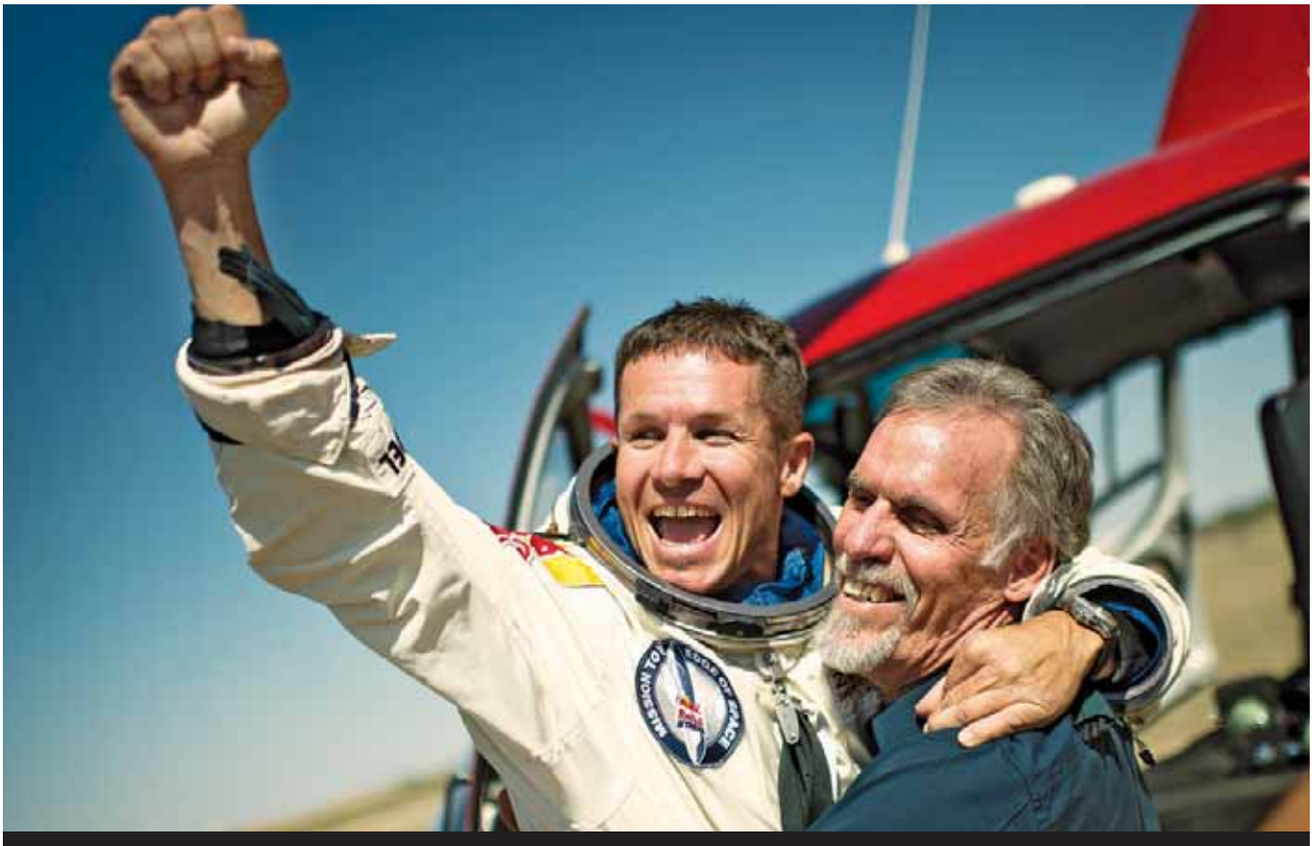
Richmond MP slurps delicacy at restaurant owned by vocal opponent of proposed ban PAGE 3

'I'm not sick at all'

Transgender model Jenna Talackova starts petition to remove gender-identity disorder from World Health Organization's list of mental illnesses PAGE 4

Cruel posts on Amanda Todd memorial pages draw police ire

RCMP say online jabs are 're-victimizing' bullied teen who committed suicide PAGE 3



FASTER THAN THE SPEED OF SOUND

Pilot Felix Baumgartner and technical project director Art Thompson celebrate after successfully completing the final manned flight for Red Bull Stratos in Roswell, N.M., on Sunday. Baumgartner became the first skydiver to break the sound barrier after jumping from his capsule more than 38 kilometres above Earth. Story, page 9. JÖRG MITTER/RED BULL CONTENT POOL

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Bullied teen. Stop negative messages on Amanda Todd memorial pages: RCMP

The RCMP are pleading with people to stop posting negative and hurtful messages on memorial pages for cyber-bullied teen Amanda Todd, whose death last week made headlines around the world.

The 15-year-old Port Coquitlam teen took her own life Wednesday, a month after posting a heartbreaking YouTube video detailing her stories of being bullied online and at school.

RCMP spokesman Sgt. Peter Thiessen said there have been many inappropriate photos, comments and Facebook pages that have been posted and created since Todd's death Wednesday and those people run the risk of being criminally charged.

Among the awful images was a photo of Todd with the words "Wonder what bleach tastes like? YOLO." In her video, Todd mentioned that she at one point drank bleach in a suicide attempt.

On Friday, the RCMP set up an email account — amandaTODDinfo@rcmp-grc.gc.ca — where people can submit any information related to Todd's death. So far, more than 400 tips from around the globe have poured in.

"The family, the police, the community are asking for those that are posting these hurtful messages to please stop," Thiessen said, adding they'll be looking at whether there's any possibility of charges.

"There are a number of areas within the Criminal Code at our disposal," he added. "If we gather the adequate and appropriate evidence, we forward that to Crown and charges could be laid."

PHYLICIA TORREVILLAS/METRO

What's sweet and tart and red all over?

A worker pulls a boom while harvesting cranberries on a farm in Richmond on Sunday. The Lower Mainland produces 20 per cent of the world's cranberries.

DARRYL DYCK/THE CANADIAN PRESS

Tory MP sparks frenzy with shark-fin photo op

Restaurant stop makes waves. Vancouver city council voted last month to develop a ban on the sale of shark-fin products

PHYLICIA TORREVILLAS
phylicia.torrevillas@metronews.ca

Photos of Tory MP Alice Wong enjoying shark-fin soup at a Richmond eatery last week have her critics circling.

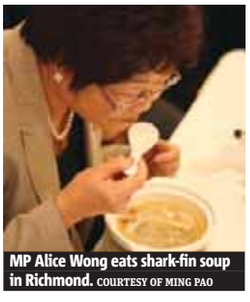
"I'm hoping that the minister's views are just her own and not representative of the Harper government," said New Democrat Fin Donnelly, MP for New Westminster-Coquitlam.

Shark fins are used in soups usually served at Chinese weddings and banquets. Shark finning is a controversial practice in which fishers hack the fins off sharks and throw them back into the ocean alive.

Vancouver city council voted unanimously last month to develop a ban on the sale of shark-fin products.

Wong ate the controversial shark-fin soup Thursday — apparently in front of Asian media only — at Jade Restaurant in Richmond. Its owner, David Chung, has been a vocal opponent of the proposed ban on shark fins.

"The regulation of shark finning is a federal issue, not a municipal one," reads a statement sent out Thursday by Wong's spokesman Robert Lynch, which Ming Pao shared with Metro.



MP Alice Wong eats shark-fin soup in Richmond. COURTESY OF MING PAO

"And we have no intention of introducing legislation to make shark-fin soup illegal," it adds.

Donnelly said he hopes that other Conservatives will keep an open mind about his private member's bill that proposes a ban on the import of shark fins to Canada.

"There's a growing movement to protect sharks around the world. Even within Canada, there are a lot of municipalities that have taken a leadership role in this issue," Donnelly said Sunday.

Last month at the Union of B.C. Municipalities conference in Victoria, delegates voted by a wide margin to push for a province-wide ban on the sale, trade and distribution of shark-fin products.

WITH FILES FROM KATE WEBB/METRO

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Twisted plot. VIFF not riding off into the sunset

Life can be much like the movies featured during the Vancouver International Film Festival.

Plot twists profoundly change characters' paths but ultimately (well, in some films) they come out the other end all right.

Off screen, plenty of drama — good and bad — marked the 31st annual film festival.

"It was a very interesting year," said VIFF director Alan Franey.

On one hand, the festival incorporated a couple of live performances into its repertoire, more than 21,000 audience members cast ballots for a number of festival awards and the weather couldn't have been better for out-of-town guests.

Much of that was overshadowed by Empire Theatre's announcement that Granville 7 would be closing in November, robbing organizers of the multiplex it has used as a festival hub for the last 11 years.

But, contrary to reports, Franey said the festival was not caught off guard by the announcement and he has already made great strides for next year.

"The theatre closing was not a surprise. We've dealt with venue closures before," said Franey.

"What was a surprise was the timing of the announcement — in the middle of the festival — and how it was spun negatively."

Franey says he's been in discussions with possible new venues for a couple of years and that the festival will live on, though maybe without a multiplex.

"The sky is not falling," he said. "I hope that people don't get the impression that the festival is imperilled. We just can't say where we're going now because we don't have signed agreements yet."

Final attendance figures for this year's VIFF will be released later in the week.

MATT KIELTYKA/METRO

Alan Franey
MATT KIELTYKA/METRO FILE

Taser killing. Dziekanski's mother marks son's death

It's been five years since Polish immigrant Robert Dziekanski died after police zapped him with a Taser at Vancouver International Airport.

His mother, Zofia Cisowski, has gone to place candles and flowers in the exact location where her son died in 2007.

She says she and her son had spent seven years planning his move to Kamloops, B.C., where he was to live with her, but all those dreams were destroyed.

Cisowski is now part of an advocacy group organized by family members and friends of people injured or killed by police.

She says she's heartened to learn of a report showing police have reduced Taser use in B.C. by 87 per cent since her son died.

Dziekanski, who did not speak English, was shocked with a Taser by RCMP who spotted him displaying erratic behaviour after he became lost for hours in the international-arrivals area of the airport.

THE CANADIAN PRESS

Reason to switch:
"TD's branches are everywhere, it's so easy to find them."
Rad N.
Vancouver
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Burnaby firefighter Rudy Pospisil stops for a snapshot in the Sonoran Desert on his ride from San Diego to Phoenix. CONTRIBUTED

Local man bikes across the globe

Long trek. Rudy Pospisil currently biking from California to Florida

MATT KIELTYKA
matt.kieltyka@metronews.ca

As a Burnaby fire captain, Rudy Pospisil is used to heat.

But nothing could quite prepare him for his current challenge: cycling around the world in support of cancer research.

The 49-year-old, a cancer survivor himself, has already cycled through some of Europe and down the West Coast from Vancouver to Mexico.

He's currently riding from San Diego, Calif., to Florida as he checks off North America while following the strict official Guinness guidelines for cycling the globe.

The most challenging part of his ride so far (he expects to reach Houston by Tuesday) has been the harsh desert conditions.

"I've seen it all now, from 10 degree Fahrenheit to 124 in the deserts past San Diego," said Pospisil over the phone. "That's serious stuff. You have to be very organized and prepared for it. When I reached the Colorado River after the desert. I just dropped my bike and jumped in the river for a couple of hours. We're West Coast people, we're not used to that. There's no shade or shelter. It's like the moon."

But Pospisil has survived to ride another day, and has raised more than $30,000 for the Canadian Cancer Association to date.

He also raises funds for an organization in each country he visits, and often finds other firefighters and police officers join him for a ride as he passes by communities.

Meanwhile, he says the guys at the fire hall back home are behind him 100 per cent.

"They've been very supportive of what I've been doing," he said. "When you're at the fire hall, there is a lot of fundraising going on all the time anyway. (Cancer) is a disease that affects us more often that the general public, so they're supportive."

Pospisil is documenting his ride on his website, thirty4three.com.

Transgender beauty queen takes on the WHO

Transgender beauty queen Jenna Talackova rose to fame by challenging billionaire Donald Trump for the right to compete in the Miss Universe Canada pageant, and won. Now, she's ready to take on the World Health Organization.

The Vancouver-raised model, who was born a boy but identified as female from an early age and underwent sex reassignment surgery at 19, has launched an online petition demanding the WHO remove gender identity disorder (GID) from its list of mental illnesses.

So far, she has collected more than 27,000 signatures.

"I'm not sick at all," she says in an email urging supporters to sign the petition at change.org. "This is ridiculous, especially coming from a UN agency, and only increases the stigma and discrimination trans people face every day."

Jenna Talackova in Toronto in May.
STEVE RUSSELL/TORSTAR NEWS SERVICE

The controversy over the medical classification of GID — also known as gender dysmorphia — has been going on for decades.

The WHO could not be reached for comment, but Dr. Lori Brotto, a UBC psychologist who specializes in sexual health, explains the UN body's International Classification of Diseases is a diagnostic manual used by doctors around the world.

The American Psychological Association's Diagnostic and Statistical Manual of Mental Disorders, which Brotto is helping to rewrite, is more widely used in Canada and also lists GID as a mental disease.

If the classification is changed, trans people could lose access to things like psychiatric care and sex-reassignment surgery that are now provided through insurance or public health care, Brotto says.

"What would be ideal is somewhere within each of those manuals, if there was a section for physiological or medical disorders that have maybe psychiatric parts to them," she said. "Because the person who has gender identity disorder has a much, much higher likelihood of having other mental health issues, compared to a (cisgendered) person."

Talackova's email blast to her supporters seems to suggest she is one of the lucky ones, and is not suffering.

"If you follow me on Twitter you know I'm actually a total health junkie! I love yoga and kickboxing, and I'm obsessed with healthy eating," she writes.

The grand marshal of this year's Vancouver's Pride Parade argues health benefits have "nothing to do" with trans people being classified as mentally ill.

KATE WEBB/METRO

Back to the VAG. Occupy celebrates anniversary

PHYLICIA TORREVILLAS
phylicia.torrevillas@metronews.ca

"We are the 99 per cent."

It was a year ago Monday that this phrase was heard as the Occupy movement made its way to Vancouver, with more than 5,000 people occupying the front lawn of the Vancouver Art Gallery.

Supporters of the movement will gather at the gallery from 10 a.m. to 10 p.m. to celebrate its first anniversary.

The day will be filled with discussion groups and workshops, a cake-cutting ceremony as well as speakers and music.

"A year ago, the economic crisis brought on by the greed and corruption of the one per cent in the banking sector was the focus of much of our attention," according to the group's website.

"Now, while this economic crisis festers and inequality becomes even starker, the oil companies controlled by the one per cent are pushing for tar sands and fracking gas pipelines and tankers on our coast.

"We have woken up to how the one per cent threatens our coast with oil spills and the very survival of humanity with global warming."

The Vancouver occupation lasted for a month at the VAG.

Coast guard facilities

Tory meeting met with protests

Protesters rallied Saturday outside a gathering of federal Conservatives in an attempt to draw attention to the closure of the Kitsilano coast-guard station. It's one of several coast-guard facilities scheduled to close next year due to budget cuts.

NEWS 1130/CKNW NEWS 980

XL Foods

Two more E. coli cases reported

The number of E. coli cases in B.C. linked to the XL Foods beef recall has risen to three. The B.C. Centre for Disease Control says the cases include a woman who was visiting Canada, and an adult in the Fraser Health Authority.

THE CANADIAN PRESS/CHNL

Citizen Enbridge: Pipeline plans draw dedicated man

Energy conservation engineer. Chris Peter didn't set out to let the proposed pipelines consume his life

Chris Peter is not a lawyer, an oil-and-gas executive or a professional environmentalist.

He's not on anyone's payroll, and when he appeared last week before the joint review panel weighing the future of the proposed Northern Gateway pipeline, he was not waving the flag of any particular camp or cause.

Yet Peter has spent hundreds of hours poring over thousands of documents in order to try to understand what it is that Calgary-based Enbridge wants to build across northern B.C.

"You're working inside the process to try and make the joint review panel make an informed decision," said Peter, 62, after spending several hours over two days questioning experts employed by Enbridge about the project.

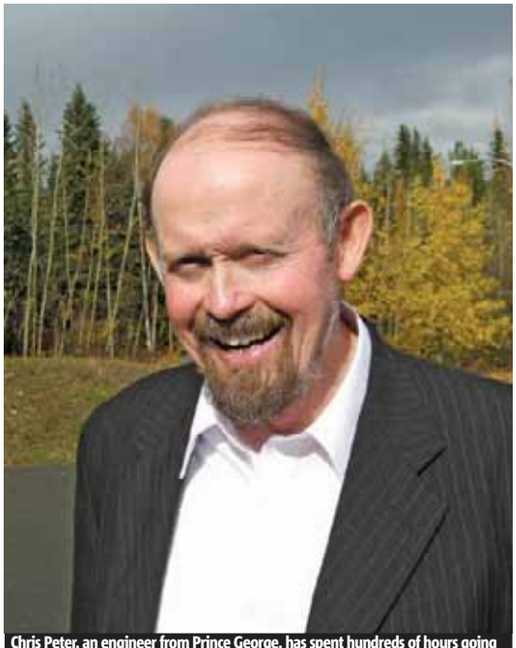
"Lots of people are protesting in the streets, but the joint review panel is not allowed to pay any attention to them. So this is the appropriate avenue for endeavouring to influence their decision."

Over the two days, the founder of C.J. Peter Associates Engineering fired questions at a panel of nine experts surrounded by a dozen or more lawyers and support staff. From a row of seats a few feet away, the company president looked on.

Peter didn't set out to let the proposed 1,100-kilometre twin pipelines consume his life.

The energy conservation engineer, who has dedicated his career otherwise to more efficient use of fossil fuels in building applications, is opposed to the pipeline.

The 30 to 60 million megatons per year of greenhouse gases that will result from the oil that will course through the line runs counter to everything he and his associates have tried to accomplish, he said. **THE CANADIAN PRESS**



Chris Peter, an engineer from Prince George, has spent hundreds of hours going over documents filed by Enbridge in order to ask some pointed questions at the environmental-assessment hearings currently underway. THE CANADIAN PRESS/HO

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Breaking off. Scottish, British authorities to reveal referendum terms

It's not a meeting David Cameron is likely to enjoy.

The British prime minister is due to visit the leader of Scotland's separatist administration on Monday to agree to the terms of a referendum that could break up the United Kingdom.

Cameron does not want to be the leader who presides over the demise of the 300-year-old political union between England and its northern neighbour. But, practically, there is little he can do to stop politicians in semi-autonomous Scotland asking voters whether they want to break free.

With Scotland, like much of Europe, facing recession and economic uncertainty, the answer is hard to predict.

"I can't find a job and my prospects are slim," said Sally Murray, an unemployed office worker in Edinburgh. "I've got nothing to lose. Perhaps my prospects would improve by going independent."

Officials from London and Edinburgh have been meeting for weeks to hammer out details of a vote. Sticking points included the date and the wording of the question.

THE ASSOCIATED PRESS

Poor choice of words

Bad joke prompts evacuation of main Anchorage airport terminal

The manager at Alaska's main airport says he expects charges to be filed after a bad joke led to the evacuation of a terminal.

Ted Stevens Anchorage International Airport manager John Parrott says the incident happened a little after 12 a.m. local time Sunday, and the terminal was cleared as authorities searched through baggage. Investigators questioned a man who made reference to a bomb, as well as his two travelling companions.

They figured out that he was joking, and needless to say, they didn't find it funny.

Parrott says he expects state charges and possibly federal charges to be filed against the man, but referred further questions to prosecutors. The terminal was reopened at about 3 a.m. local time.

THE ASSOCIATED PRESS

Adorable snack

Chinese scientist says fossils show prehistoric man ate pandas

A Chinese scientist says that humans used to eat pandas.

In a newspaper interview, Wei Guangbiao says prehistoric man ate the bears in what is now part of the city of Chongqing in southwest China. Wei, the head of the Institute of Three Gorges Paleoanthropology at a Chongqing museum, says many excavated panda fossils "showed that pandas were once slashed to death by man."

The Chongqing Morning Post quoted him on Friday as saying: "In primitive times, people wouldn't kill animals that were useless to them" and therefore the pandas must have been used as food.

But he says pandas were much smaller then.

Wei says wild pandas lived in Chongqing's high mountains 10,000 to one million years ago.

THE ASSOCIATED PRESS

Andes crash survivors play memorial match

40th anniversary. Former members of Uruguayan rugby team reflect on what they learned from a horrifying experience

Carlos Paez, 58, a former member of Uruguay's rugby team who survived a 1972 plane crash with his team, waves a small red shoe after a helicopter carrying fellow team member Fernando Parrado lands in a rugby field in Santiago, Chile, Saturday. Parrado gave a similar shoe to his friends at the plane crash site in 1972 before he trekked through the Andes with a single companion for 10 days and guided rescuers back. LUIS ANDRES HENAO/THE ASSOCIATED PRESS

Surviving members of an Uruguayan rugby team have played a match postponed four decades ago when their plane crashed in the Andes, stranding them for 72 days in the cordillera and forcing them to eat human flesh to stay alive.

The Old Christians Club squared off Saturday in Santiago in a game that was tied 1-1 against the Old Grangonian Club, the former Chilean rugby team they were supposed to play back when their flight went down. Their terrifying story became the basis of a bestselling book and a Hollywood movie.

"At about this time we were falling in the Andes. Today, we're here to win a game," crash survivor Pedro Algorta, 61, said as he prepared to walk onto the playing field surrounded by the jagged mountains that trapped the group.

During the anniversary ceremony, military jets flew over the field, where parachutists draped in Chilean and Uruguayan flags landed. In a corner, survivors wept when officials unveiled a commemorative frame with pictures of those who died in the snowy peaks.

"The conditions were more horrifying than you can ever imagine. To live at 4,000 metres without any food," said survivor Eduardo Strauch, 65. "The only reason why we're here alive today is because we had the goal of returning home.... (Our loved ones) gave us life. They made the sacrifice for others."

Survivor

"I came back to life after having died ... It's something that very few people experience."

Plane-crash survivor Fernando Parrado
Who left the crash site in the Andes with one other person to guide rescuers to the survivors.

The Uruguayan air force plane that carried the team crashed in a mountain pass in October 1972 while en route to Santiago from Montevideo. Of the 45 passengers aboard, 16 survived by feeding on dead family members and friends preserved in the snow.

"I think the greatest sadness I felt in my life was when I had to eat a dead body," said Roberto Canessa, 59, who was a teenage medical student at the time of the crash.

"I would ask myself: Is it worth doing this? And it was, because it was in order to live and preserve life, which is exactly what I would have liked for myself if it had been my body that lay on the floor," he said

Desperate after more than two months in the frigid peaks, Canessa and Fernando Parrado left the crash site to seek help. It was the group's last attempt at survival. THE ASSOCIATED PRESS

Reason to switch:
"TD's longer hours means I can bank when I want to."
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200 Muslim guerrillas arrive in Manila for peace pact signing

About 200 Muslim rebels, led by their elusive chief, arrived in the Philippine capital on Sunday for the signing of a preliminary peace pact aimed at ending one of Asia's longest-running insurgencies.

The Moro Islamic Liberation Front's decades-long rebellion has killed tens of thousands of people and held back progress in the south, where Muslims make up a sizable minority. Government and rebel negotiators forged the framework peace agreement Oct. 7 in Malaysia after 15 years of tough negotiations.

The pact's signing on Monday will be witnessed by President Benigno Aquino III, Malaysian Prime Minister Najib Razak and rebel chairman Al Haj Murad Ebrahim, who will set foot for the first time in Manila's Malacanang presidential palace, where officials have prepared a red-carpet welcome.

Murad has seldom appeared in public in past years. Aquino met Murad secretly in Tokyo for the first time last year to underscore their commitment to settle the rebellion.

About 300 Muslims from Manila and southern provinces held a noisy rally outside the palace on Sunday in support of the preliminary accord, yelling "Allahu Akbar," or "God is great." They called for more development in the resource-rich but impoverished southern Mindanao region, the homeland of minority Muslims in the predominantly Roman Catholic nation.

Security has been tightened in the capital, although no disruptions were expected.

The agreement is to be signed by government negotiator Marvic Leonen and his rebel counterpart, Mohagher Iqbal, and will serve as a road map outlining general agreements on major issues, including the extent of power, revenues and territory of a new Muslim autonomous region to be called Bangsamoro.

THE ASSOCIATED PRESS

La Francophonie. Harper wants next summit held in a democratic country

Prime Minister Stephen Harper says he's glad he attended the summit of French speaking nations but hopes the next one is held in a country that promotes democratic values.

Harper said Sunday that he had definite reservations about taking part in the weekend's international gathering of la Francophonie in the Democratic Republic of the Congo.

The African country has been widely criticized for abusing human rights and allowing widespread sexual violence against women.

President Joseph Kabila was returned to power last year amid allegations of electoral fraud, something Harper described as "completely unacceptable."

But Harper said his visit did allow him to meet people who are changing things in the country. THE CANADIAN PRESS

Meeting

Prime Minister Stephen Harper and Quebec Premier Pauline Marois met while in the African country Saturday.

- **Co-operation.** Harper said the meeting was "cordial" and focused on the economy.

Guns

Firearm-related crimes cost billions

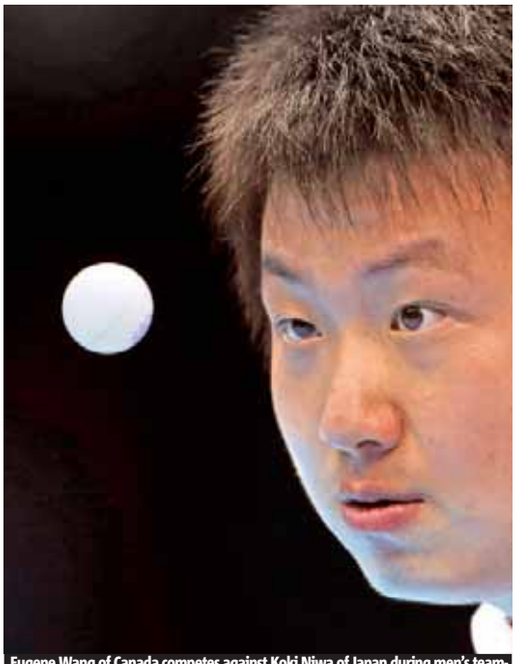
Crimes involving guns cost Canadians more than $3 billion a year, suggests an internal Justice Department study that may stoke the gun-control debate. THE CANADIAN PRESS

Car rage

Man bashes own car in parking lot

A man who bashed his elderly hearse with a sledgehammer in a Canadian Tire parking lot in Halifax Sunday was giving it a "proper sendoff," say police. THE CANADIAN PRESS

Feds urged to fast-track athlete's citizenship



Eugene Wang of Canada competes against Koki Niwa of Japan during men's team-table-tennis competition at the 2012 Summer Olympics. THE CANADIAN PRESS

Eugene Wang. Government asked to speed up Chinese-born table-tennis star's Canadian citizenship before Olympic Games

The Canadian Olympic Committee urged Immigration Minister Jason Kenney's office to fast-track the Canadian citizenship of a Chinese-born table-tennis star in time for him to compete for Canada at the summer Games, a newly released document shows.

A short time later, Eugene Zhen Wang, the top-ranked table-tennis player in North America, was a Canadian citizen.

"I am writing to you regarding Mr. Zhen Wang's request for an exceptional early granting of Canadian citizenship," says a May 11 letter to Kenney's office.

"The Canadian Olympic Committee supports Mr. Wang's request and I am writing to confirm that Mr. Wang would be eligible to compete for Canada at the 2012 London Olympic Games if he is granted Canadian citizenship by July 4."

Canada's medal hopes were also tied to the speedy granting of the Olympic hopeful's citizenship.

"As we approach London 2012, Mr. Wang has distinguished himself in the sport of table tennis. His presence with Table Tennis Canada's national team has already furthered the progression of his talented young teammates," the letter says.

"His nomination to the 2012 Canadian Olympic team would benefit his fellow table tennis athletes and improve Canada's chances in London." THE CANADIAN PRESS

Quote

"It's all above-board, been done for literally more than 30 years."

Richard Kurland, immigration lawyer
He says it's well within the law to expedite cases such as Wang's

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Pussy Riot members face tough conditions in Russian penal colony

Life inside. Women live with 30 to 40 others in a room, exercise outdoors in temperatures as low as -30 degrees

It's a far cry from Stalin's gulag, but the guiding principle of the Russian penal colony — the destination of two members of punk band Pussy Riot — remains the same: Isolate inmates and wear them down through "corrective labour."

Maria Alekhina and Nadezhda Tolokonnikova will have to quickly learn the inner laws of prison life, survive the dire food and medical care and risk bullying from inmates either offended by their "punk prayer" against President Vladimir Putin or under orders to pressure them.

In colonies for women, inmates live in barracks with 30 to 40 to a room. They begin the day by shuffling outside for compulsory exercises at daybreak, in temperatures as low as -30 C in winter. After roll call and a breakfast of gruel, they spend seven to eight hours a day at work, usually hunched over sewing machines working on uniforms and other clothing.

Since there is only one women's penal colony near Moscow, female prisoners from the capital are commonly sent to Mordovia, a swampy, mosquito-infested province on the Volga River. Defence lawyers said Alekhina and Tolokonnikova would be transported to a penal colony within two weeks. The location was not yet known.

Despite the harsh conditions, many prisoners nonetheless prefer the colonies to the pretrial detention centres, where they are kept in cramped, sometimes spectacularly unhygienic cells and allowed out for only an hour a day. The three Pussy Riot members were held in such a centre since their February arrest.

Russian inmates are kept in a system that Russia's own justice minister has described as "monstrously archaic" and whose purpose has changed little for hundreds of years. Czarist Russia sent prisoners to remote Siberian colonies where labour was in short supply; the system was inherited and expanded by the Soviet Union, which worked millions of prisoners to death in the gulag. Russia incarcerates more people than any country in the world bar the U.S. and China.

Prisoners are typically paid the equivalent of about $10 a day, which they can use to buy food, cigarettes and toiletries.

Alekhina and Tolokonnikova, university graduates, are unlikely to have much in common with their fellow inmates.

Perhaps the greatest danger for the band members, however, will be posed by their fellow inmates. Physical violence, while a danger, is relatively rare in comparison to men's colonies. But the psychological pressure can be greater, said Vitaly Borshchyov, head of the Public Monitoring Commission, a human rights organization that works with the government to improve prison conditions.

The Pussy Riot members' lawyers and supporters also fear that Orthodox believers may attack them, either inspired by the extremely negative coverage of their protest on state television or egged on by state officials.

THE ASSOCIATED PRESS

How they got there

- Maria Alekhina, 24, Tolokonnikova, 22, and Yekaterina Samutsevich, 30, were convicted of hooliganism motivated by religious hatred for a performance in Moscow's main cathedral as Putin headed into an election that handed him a third term as Russia's president.
- The women insisted their protest was political but many believers said they were deeply offended by the sight of the band dancing on the altar in balaclavas.
- An appeals court released Samutsevich on Wednesday, but upheld the two-year prison terms of the others.

In this photo from 2011, women wait to be escorted for work at a women's prison outside Orel, Russia. Two members of the punk band Pussy Riot will serve their sentence in a penal colony far from Moscow. YURI TUTOV/THE ASSOCIATED PRESS FILE

Penal colonies

Other high-profile cases

There have been other high-profile penal-colony inmates in Putin's Russia.

Mikhail Khodorkovsky, the imprisoned head of the Yukos oil company, served part of his 14-year sentence in an Eastern Siberian colony. Once Russia's richest man, he served his time making mittens. Arrested in 2003, Khodorkovsky was convicted in two cases seen as punishment for challenging Putin's power.

Svetlana Bakhmina, a lawyer who spent three years in a penal colony, said you have little free time to yourself in the prison colony, where guards often compel prisoners to attend classes or participate in cultural activities. In a U.S. diplomatic cable released by WikiLeaks in 2010, former Ambassador William Burns recalled visiting a women's prison where inmates put on a "bizarre fashion and talent show" for American officials.

"Boredom doesn't exist in the colony. It's too good a concept for it. You just regret the time you spend," Bakhmina said.

THE ASSOCIATED PRESS

Syria

Jihadists helped seize defence base: Activists

A shadowy jihadi group believed to be linked to al-Qaida fought alongside rebels who seized a government missile defence base in Syria on Friday, activists said, heightening fears that extremists are taking advantage of the chaos to acquire advanced weapons.

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Reason to switch:
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Russia. Opposition cries foul over alleged fraud in local elections

President Vladimir Putin's loyalists appeared likely Sunday to retain their hold in thousands of local elections that offered slightly more room for competition, but were marred by opposition claims of widespread vote fraud.

The Kremlin eased stiff election laws in response to major protests against Putin last winter, but introduced new restrictions after the demonstrations abated. Kremlin-approved governors and most of the incumbent mayors appeared poised to preserve their seats and the Kremlin's main United Russia party will likely keep dominating local legislatures and municipal councils.

In one of the most visible races Sunday, opposition activist Yevgeniya Chirikova was challenging the government-backed acting mayor of Khimki, a town just outside Moscow.

Opposition activist Yevgeniya Chirikova. THE ASSOCIATED PRESS

Chirikova, a 35-year-old mother of two who helped organize Moscow's protests, filed two petitions — alleging her rival broke campaign rules and that election officials manipulated voter lists. Authorities rejected her complaints. THE ASSOCIATED PRESS

9-11. Judge may censor Guantanamo detainees in war-crimes tribunal

A U.S. military judge is considering broad security rules for the war-crimes tribunal of five Guantanamo prisoners charged in the Sept. 11 attacks, including measures to prevent the accused from publicly revealing what happened to them in the CIA's secret network of overseas prisons.

Prosecutors have asked the judge at a pretrial hearing starting Monday to approve what is known as a protective order that is intended to prevent the release of classified information during the eventual trial of Khalid Sheikh Mohammed, who has portrayed himself as the mastermind of the 9-11 attacks, and four co-defendants.

Lawyers say the rules, as proposed, will hobble their defence. The American Civil Liberties Union, which has filed a challenge to the order, says the restrictions will prevent the public from learning what happened to the defendants during years of CIA confinement and interrogation.

The protective order requires the court to use a 40-second delay during court proceedings so that spectators, who watch behind soundproof glass, can be prevented from hearing the classified details of the CIA's rendition and detention program.

THE ASSOCIATED PRESS

Reaction

"It's a truly extraordinary and chilling proposal that the government is asking the court to accept."

Hina Shamsi, an ACLU attorney

A screengrab of the livestream of Felix Baumgartner's skydive from 38.6 kilometres above the Earth on Sunday. It was the highest-ever jump for a skydiver. YOUTUBE.COM

Free falling

Daredevil.
Austrian becomes the first skydiver to fall faster than the speed of sound

Austrian extreme athlete Felix Baumgartner landed gracefully on Earth Sunday after a 24-mile (38.6-kilometre) jump from the stratosphere in a dramatic, record-breaking feat that officials said made him the first skydiver to fall faster than the speed of sound.

Baumgartner came down in the eastern New Mexico desert about nine minutes after jumping from his capsule 39,045 metres above Earth. He lifted his arms in victory shortly after landing, setting off loud cheers from jubilant onlookers and friends inside the mission's control centre in Roswell, N.M.

"When I was standing there on top of the world, you become so humble; you do not think about breaking records anymore, you do not think about gaining scientific data. The only thing you want is to come back alive," he said after the jump.

Brian Utley, a jump observer from the International Federation of Sports Aviation, said preliminary figures show Baumgartner reached a maximum speed of 1,342 km/h. That amounts to Mach 1.24, which is faster than the speed of sound. No one has ever reached that speed wearing only a high-tech suit.

Baumgartner says that travelling faster than sound is "hard to describe because you don't feel it." With no reference points, "you don't know how fast you travel," he told reporters. "Sometimes we have to get really high to see how small we are."

The altitude he leapt from also marked the highest-ever for a skydiver — more than three times the height of the average cruising altitude for a jetliner. Organizers said the descent lasted just over nine minutes, about half of it in free fall. Utley said he travelled 36,529 metres in free fall.

Quoted

"Sometimes we have to get really high to see how small we are."
Felix Baumgartner

Three hours earlier, Baumgartner, known as "Fearless Felix," had taken off in a pressurized capsule carried by a 55-storey ultra-thin helium balloon. After an at-times tense ascent, which included concerns about how well his facial shield was working, the 43-year-old former military parachutist completed a final safety check-list with mission control.

As he exited his capsule from high above Earth, he flashed a thumbs-up sign, well aware that the feat was being shown on a live-stream on the Internet with a 20-second delay.

He activated his parachute as he neared Earth, gently gliding into the desert east of Roswell and landing without any apparent difficulty.

He then was taken by helicopter to meet fellow members of his team, whom he hugged in celebration.

THE ASSOCIATED PRESS

The eagle has landed

- **Record numbers.** As Baumgartner ascended in the balloon, so did the number of viewers watching on YouTube. Nearly 7.3 million watched as he sat on the edge of the capsule moments before jumping.
- **Social-media surge.** After he landed, Red Bull posted a picture of Baumgartner on his knees on the ground to Facebook, generating nearly 216,000 likes, 10,000 comments and more than 29,000 shares in less than 40 minutes.
- **Hot trend.** On Twitter, half the worldwide trending topics had something to do with the jump, pushing past seven NFL football games.
- **Flying high.** Among the tweets was one from NASA: "Congratulations to Felix Baumgartner and RedBull Stratos on record-breaking leap from the edge of space!"

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Costs too high: Haitians

A demonstrator holds up images of former Haitian President Jean Bertrand Aristide and his wife, Mildred, during a protest in Port-au-Prince, Haiti, Sunday. Hundreds of people protested in the capital over what they say is a higher cost of living. The demonstrators marched through the shanties of downtown Port-au-Prince as they criticized the policies of President Michel Martelly. DIEU NALIO CHERY/THE ASSOCIATED PRESS

Canadian troops approved for combat ops

Afghanistan. Opposition charge the exemption allowing troops to serve with allies goes against Parliamentary decision

Canadian soldiers with 1st RCR Battle Group, The Royal Canadian Regiment. ANJA NIEDRINGHAUS/THE CANADIAN PRESS FILE

National Defence successfully pushed the Harper government last year to ease the prohibition on Canadian troops from setting foot in Kandahar and participating in combat operations by establishing an exemption for those serving with allies, internal documents reveal.

It is a decision that violates both the spirit and the letter of the Parliament motion that led to the country's exit from the Afghan war, the opposition charged.

Less than a half dozen Canadians, most of them with the air force, continue to serve in the volatile region that has been the epicentre of the Taliban insurgency. The much-heralded end to Canada's five-year guerrilla war in Afghanistan produced the iron-clad policy that barred soldiers from taking part in combat operations and being anywhere near wartorn Kandahar province after Dec. 31, 2011.

Even though Canada didn't participate, the previous Liberal government quietly allowed Canadian officers to serve on secondment in the U.S.-led Iraq war. THE CANADIAN PRESS

Mauritania

President shot and transferred

Mauritania's government says President Mohamed Ould Abdel Aziz is being transferred to Paris for treatment after being wounded when the military fired on his vehicle. Aziz spoke on national TV from his hospital bed in Mauritania to reassure the public he was in good health. He said the shooting was a mistake when his convoy approached a military barracks by an unpaved road north of Nouakchott. The president's adviser said Aziz was going to Paris for further treatment. THE ASSOCIATED PRESS

Outbreak

Meningitis cases linked to shots

An outbreak of fungal meningitis has been linked to steroid shots for back pain. The medication has been recalled. The latest numbers include 205 illnesses and 15 deaths. THE ASSOCIATED PRESS

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Women protest Sunday in Islamabad, Pakistan, to condemn the attack on 14-year-old schoolgirl Malala Yousufzai, who was shot last Tuesday by the Taliban. ANJUM NAVEED/THE ASSOCIATED PRESS

Rally held for girl shot by Taliban

Pakistan. Schoolgirl shot in the neck for promoting girls' education on her way to U.K. for treatment

Tens of thousands rallied in Pakistan's largest city Sunday in the biggest show of support yet for a 14-year-old girl who was shot and seriously wounded by the Taliban for promoting girls' education and criticizing the militant group.

The Oct. 9 attack on Malala Yousufzai as she was returning home from school in Pakistan's northwest horrified people inside and outside the country.

At the same time, it gave hope to some that the government would respond by intensifying its fight against the Taliban and their allies.

But protests against the shooting have been relatively small until now, usually attracting no more than a few hundred people.

That response pales in comparison to the tens of thousands of people who held violent protests in Pakistan last month against a film produced in the United States that denigrated Islam's Prophet Muhammad.

Demonstrations in support of Malala — and against rampant militant violence in the country in general — have also been fairly small compared with those focused on issues such as U.S. drone attacks and the NATO supply route to Afghanistan that runs through Pakistan.

Right-wing Islamic parties and organizations in Pakistan that regularly pull thousands of supporters into the streets to protest against the U.S. have less of an incentive to speak out against the Taliban. The two share a desire to impose Islamic law in the country — even if they may disagree over the Taliban's violent tactics.

Pakistan's mainstream political parties are also often more willing to harangue the U.S. than direct their people power against Islamist militants shedding blood across the country — partly out of fear and partly because they rely on Islamist parties for electoral support.

One of the exceptions is the political party that organized Sunday's rally in the southern port city of Karachi, the Muttahida Quami Movement. The party's chief, Altaf Hussain, criticized both Islamic and other mainstream political parties for failing to organize rallies to protest the attack on Malala.

He called the Taliban gunmen who shot the girl "beasts" and said it was an attack on "the ideology of Pakistan."

Many of the demonstrators carried the young girl's picture and banners praising her bravery and expressing solidarity.

THE ASSOCIATED PRESS

A new light

"Malala Yousufzai is a beacon of knowledge. She is the daughter of the nation."

Altaf Hussain, chief of the Muttahida Quami Movement, speaking to a Pakistan audience by telephone from London

U.S. election. Obama, Romney prepare for second debate

The next eight days could prove critical for both Barack Obama and Mitt Romney — the two bitter rivals for the White House square off for their second and third prime-time debates, both well aware that their first face-off dramatically altered a roller-coaster presidential race.

The two men took a break from campaigning on Sunday to undergo intensive debate preparation ahead of their next high-stakes clash, this time a town-hall-style event on both foreign and domestic policy being held in Hempstead, N.Y., on Tuesday.

Obama was in Williamsburg, Va., at a posh resort on the James River. Various members of his debate prep team, including Romney stand-in Sen. John Kerry — toting a massive binder filled with colour-coded dividers — were seen milling about the resort on Sunday, hoping to ensure a far more spirited, engaged Obama shows up this week.

Romney was at his home in Boston, hoping to build upon his recent momentum by besting Obama yet again with another razor-sharp debate performance.

Obama plans to be more aggressive when he squares off against Romney this week, the president's top adviser said Sunday. "He is going to make some adjustments on Tuesday," David Axelrod said on Fox News Sunday. Axelrod accused Romney of having "serially walked away from his own proposals" during the first showdown — watched by almost 70 million Americans. THE CANADIAN PRESS

Showdown

Only two politicians in 52 years came from behind and were propelled to the White House following strong televised debates — John F. Kennedy in '60 and George W. Bush in 2000 — and Romney is aiming to become the third.

- The final showdown is on Oct. 22 in Boca Raton, Fla.

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Beef plant reverses layoffs to break inspection impasse

E. coli contamination. After weekend of finger pointing, outlook for operations to resume at Alberta firm is improved

Cattle look out from a feedlot in Brooks, Alta., Wednesday. Lee Nilsson, a co-CEO of XL foods, which runs a Brooks-based meat-processing plant at the centre of an extensive recall, acknowledged the plant's stoppage has "caused a great amount of turmoil in the beef community." JEFF MCINTOSH/THE CANADIAN PRESS

The meat-processing company at the centre of an E. coli outbreak is recalling 800 workers it laid off only a day earlier, resolving a deadlock that kept federal inspectors from completing their review of the operation.

The Canadian Food Inspection Agency's (CFIA) evaluation of XL Foods ground to a halt this weekend when the firm announced it was temporarily laying off 2,000 workers. Federal inspectors said they had nothing to inspect without the workers handling the beef.

The company, based in Brooks, Alta., blamed the layoff decision on the fact that Ottawa hadn't given it a firm date for when it would get its licence back to fully resume operations.

But late Sunday afternoon, XL Foods put out a news release saying it was recalling 800 workers to help the CFIA finish its job.

The inspectors are currently halfway through a review of how XL employees process 5,100 beef carcasses. If they're satisfied with what they see, XL could get its licence back.

"We look forward to actively working with CFIA to bring this to a viable and timely resolution to allow the plant to recommence operations," Brian Nilsson, co-CEO of XL Foods, said in a release.

That was a different tone than one the company struck just a day earlier, when they urged the CFIA to come to a "swift and viable resolution," apparently without the help of the workers.

Lee Nilsson, fellow co-CEO, had also made a pointed reference to the federal agency in an interview Friday with the Alberta Farmer Express.

"I know it's caused a great amount of turmoil in the beef community. I'd just like to say hang on because all things will pass, but at this point there seems to be an uncertainty as to which direction CFIA is going with regard to E. coli at my plant, or any other plant in the country," Nilsson said.

The decision to lay off the workers and effectively shutter the plant caused an immediate backlash. The CFIA said it was completely up to XL Foods as to when the plant would be reopened, and Agriculture Minister Gerry Ritz had given no hint of softening on the inspection regime.

THE CANADIAN PRESS

Quoted

"We look forward to actively working with CFIA ... to allow the plant to recommence operations."

Brian Nilsson, co-CEO, XL Foods

Canada-EU free trade

Drug-patent proposal could cost close to $2B yearly: Federal study

Confidential federal research on free-trade talks with Europe shows that giving the European Union just one part of what it wants on drug patents would cost Canadians up to $2 billion a year.

The Department of Foreign Affairs and International Trade has always insisted it's a "myth" that the Canada-EU free trade deal would increase health costs.

But in September, officials at Industry Canada and Health Canada combined forces to examine the cost of the European demand to implement a patent-term restoration system, The Canadian Press has learned.

They found that based on past history of approval patterns, the EU proposal would add an average life of 2.66 years to a typical drug patent, and increase Canadian drug costs by between $795 million and $1.95 billion annually.

THE CANADIAN PRESS

Aerospace industry. India presents 'real opportunity' for Canada: Trade council

Rana Sarkar, president of the Canada-India Business Council, says India's aviation industry is undergoing "arithmetic growth." CONTRIBUTED

Canada's aerospace sector can create jobs at home by taking advantage of India's modernization and recent moves to liberalize its foreign ownership restrictions, says the head of the Canada-India Business Council.

The world's most populated democracy has been growing in the shadows of fellow Asian giant China and other regional powers. But with India investing billions of dollars a year in infrastructure, the country is expected to become a top-five aerospace country by 2020.

"I think there is a real opportunity for us," council president Rana Sarkar said in an interview from Toronto.

"They're not going to go with one supplier. They're going to go with a syndicate of suppliers and for us to be in that mix is an important thing."

Canada's aerospace and space sectors generate annual revenues of more than $22 billion and employ about 80,000 Canadians in more than 400 firms across the country. Companies such as Bombardier and CAE Inc., along with engineering and construction firms, are already pushing to take advantage of the growing demand for new aircraft, pilot training and airport construction.

But more potential remains untapped. "In virtually every sector in the aviation business, this is sort of like the 1950s in North America. You're starting to see just an arithmetic growth," he said.

THE CANADIAN PRESS

By the numbers

$1T

The aerospace opportunity in India could total $1 trillion, and even though Canada's share will be small it's still significant compared to where Canada's sector has been historically, says Rana Sarkar, head of the Canada-India Business Council.

TD Bank

Wayward data tapes affect 1,000 account holders

A TD Bank spokeswoman says about 1,000 Canadians with U.S. accounts could be affected after data tapes containing personal information were misplaced. Maria Saros Leung says letters will be sent to those customers by next Friday. But she says in an email that the bank is not classifying the incident as a breach since there's no evidence of criminal activity.

TD Bank has confirmed unencrypted backup data tapes were misplaced during transport in March. It is notifying about 260,000 customers from Maine to Florida. THE CANADIAN PRESS

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Whew.

I'm exhausted. I just watched Felix Baumgartner jump out of a balloon from 128,000 feet or around 39 kilometres above the Earth.

Then I held my breath as he went into free fall, tumbled around, straightened out, deployed his parachute and then landed … walking.

That was the best part. This Austrian daredevil leaps out of a tiny capsule at the edge of space, and lands into a stroll.

And it all took about 10 minutes. There are now confirmed reports that he broke the sound barrier on the way down.

If I'm exhausted, I wonder how he feels. The whole ride down may have taken 10 minutes, but the ascent in the balloon took hours of suspense-filled agony, in which Fearless Felix had plenty of time to contemplate the different ways he could die.

The sky's the limit, or is it?

"While the rest of us stand here on the ground with our mouths open, Felix Baumgartner reached for the sky."

His blood could boil if his cabin or suit failed to pressurize. He could freeze to death when he encountered temperatures of minus 90 Fahrenheit. He could spin out of control and black out. His chute could fail to deploy and he could do a Wile E. Coyote into the dirt from 128,000 feet.

That sort of thing could give even Fearless Felix pause to consider. But none of it happened, and today, he's the toast of the daredevil planet. Eat your heart out, Sir Richard Branson.

Of course, there are detractors, no shortage of people wondering: Why spend so much time and money on what is little more than a stunt? Or if this ultra-high altitude bailout is so important to science and space flight, why send a real human to do the job of a crash-test dummy? One guy even called it a waste of the helium used to inflate the balloon.

These questions always have more power if something goes wrong and the blame gets passed around. But nothing went wrong, except the heater on his faceplate apparently failed to operate properly and it started to frost up on the way down.

I think he was lucky that wasn't the only thing to frost up on the way down.

But while the rest of us stand here on the ground with our mouths open, Felix Baumgartner reached for the sky. Then he did more than that. He went beyond, to the point where there is no sky. Then he jumped.

How can you not give him a standing ovation? He really did go where no one has gone before. All by himself, and then he came back, literally walking back down.

As long as there are guys like Fearless Felix willing to go farther, faster, better, best and beyond, there is hope. Hope that one day, we will solve the problems that plague our existence and take us to the next level.

Wherever that is. I can barely stand to watch.

Big Brother auditions

Canadians compete for the spotlight

Turns out Canada has a healthy share of reality show schemers and dreamers.

The casting call for Big Brother Canada drew its biggest turnout Sunday when the show made its final audition stop in Toronto.

Hundreds of wannabe players filled a cavernous hotel ballroom that had been converted into a waiting room for the day.

They included Kristy Gorny, a 35-year-old single mom from Oshawa, Ont., who said her longtime love for other elimination-style reality shows, including Survivor and The Amazing Race, would give her an edge. She knew exactly how she'd play the game if chosen to be on Big Brother Canada — where 14 people will be made to live together in a camera-rigged house cut off from all contact with the outside world.

"I'm assuming most house guests will think that I would be more like the mom of the (house) but really I'm going to be the competitive gamer that'll probably stab you in the back," said Gorny, who arrived just before 8 a.m. and expected to wait several hours to see the judges.

THE CANADIAN PRESS

Polar bear? No, it's polar beer!

ROBERT NEMETI/SOLENT

Quirky beer making

Un-freezable bevy for polar explorers

A special beer has been crafted to survive the coldest place on Earth — the South Pole.

The British ale Pole-Axed is designed to retain its flavour after being frozen in temperatures of -89 C.

Previously, ales brought to Antarctica could not cope with the low temperatures — the beer would freeze and lose its taste.

METRO

Explorer's viewpoint

"We've never asked a brewer to do this kind of thing before but we thought it would be a nice idea … I've had a taste of it already and it's a brilliant beer. It will be a great treat for Christmas Day."

Explorer Rob Brown, pictured, from the National Oceanography Centre in Southampton, England.
Brown is one of the team members who will be enjoying the beer in Antarctica.

Beer status

Beer's journey for Christmas arrival

The secret-recipe ale, which is due to make its 16,000-kilometre journey to the South Pole this week, is currently being put into plastic bottles that will then have the air squeezed out of them.

The process allows the liquid to expand when frozen and prevents the gas from escaping.

After it arrives, it will be kept safe until Christmas Day when the explorers will merrily drink it.

METRO

Yuletide lager

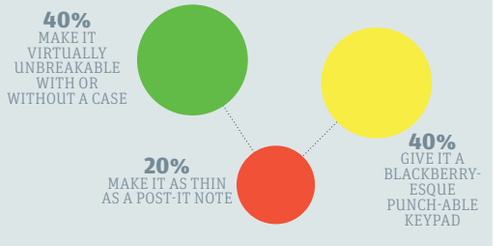
20

pints (11.3 litres) of beer will be sent to the polar explorers to enjoy on Christmas Day. The team from the British Antarctic Survey and the National Oceanography Centre will be conducting research at the subglacial Lake Ellsworth for three months.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What would you change about the iPhone 5?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MAKE IT AS THIN AS A POST-IT NOTE
40%
GIVE IT A BLACKBERRY-ESQUE PUNCH-ABLE KEYPAD

Twitter

@FelixBaumgart:
Mission accomplished!

@BrentButt:
From now on, whenever someone asks how I'm doing, I'm going to reply "My visor's fogging up!" #spacejump

@thechrisws:
"Shoot, we had the lens cap on. Can you do it again?" #livejump

@NASA:
Congratulations to Felix Baumgartner and @RedBullStratos on a record-breaking leap from the edge of space! http://www.redbullstratos.com/live #livejump

@SweetJimmyC:
#FelixBaumgartner's wallet just went through the windshield of my car. #RedBullStratos #spacejump

metro

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SCENE 2

Canada's game show heritage is as rich as a vat of maple syrup, dripping with decades worth of eager-beaver contestants and smooth talking hosts who left an indelible mark on the quizzical landscape. With Comedy Network tapping Oshawa stand-up comic Darrin Rose to emcee a reboot of Match Game, we salute this country's outsized contribution to the high-stakes genre.

MIKE DOJC
scene@metronews.ca

Classic show revisited

Fill in the blanks with DiGiovanni

Debra DiGiovanni is among the regular panelists who will be appearing on the new version of Match Game, which starts airing today on The Comedy Network. We decided to ask her a few questions from the 1973 season of the classic game show that asked celebrities and contestants to fill in the missing word.

1. One spy said to the other, "Beware of Lola, one of her __CAMERAS__ is really a camera."
Debra says: This is an example of some of the answers we received from nervous contestants. Cute.

2. The sexiest thing a woman can wear is ___A SMILE (WHILE NAKED)_____
Debra says: I'm totally guessing at this one. I clearly have no idea.

3. John and George traded __WIVES____ for a week
Debra says: I'd choose that answer because I know that for most men, that's their biggest fantasy, especially if their wives were sisters. I know, men are weird!

Hometown Showdown: Where do these hosts hail from?

Monty Hall Let's Make A Deal

Clue: A Winnie the Pooh costume could sweeten an audience member's chances of getting picked to trade for a prize.

ALL HOSTS GETTY IMAGES

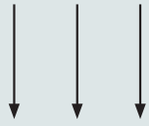
Howie Mandel Deal or No Deal

Clue: With the big five all based here, there are plenty of bankers available to sway a contestant to part with their briefcase.

Alex Trebek Jeopardy

Clue: This 'Nickel City' east of Sault Ste. Marie and west of North Bay is the stomping ground for a hockey team that howls.

Flip over for answers



- 1. Winnipeg
- 2. Toronto
- 3. Sudbury

Name that Homegrown Show

J_ _t Like M_ _
The signature segment on this family affair from the 1980s was the 60-second bake-off where young contestants would blitz through a recipe. Their grown-up partners would then taste test the rushed dishes and determine which one their kid made.

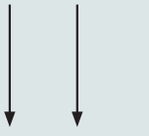
T_ _t P_ _tern
Mini-games like human piñata, bowl and win, dance break, and hide the salami lent this wacky hit a fraternity party feel. The game-ending lightning round had contestants put on helmets with light bulbs on top and whack a button on their forehead to buzz in.

Remember this one? Or are you stumped? Get it? SCREENSHOT

_ _m _ _r Stu_ _ers
This Global TV puzzler hosted by Al Dubois turned the highway boredom busting pastime of attempting to decode the meaning of vanity licence plates into word nerd heaven. If the show was still airing today, a clue would be "MRONV" belongs to The Voice judge Adam Levine. Answer: Maroon 5.

_ _u B_t _ou_ A_ _
This trivia show was never short on potty humour. Take this actual question from the category 'Smelly Things:' "What colourful mixture of dried flowers, herbs and spices is often found in a woman's bathroom to unsuccessfully mask the odour of her number twos?"

Flip over for answers



- 1. Just Like Mom
- 2. Test Pattern
- 3. Bumper Stumpers
- 4. You Bet Your Ass

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Giving Canadian fave Definition its due

Running on CTV from 1974 to 1989, this letter picking brain-tickler debuted a year before Wheel of Fortune and emerged as the quint-essential Canadian game show.

While the prize money was peanuts compared to Definition's American counterparts, smooth talking Jim Perry, who also hosted Fractured Phrases, Card Sharks, Headline Hunters, and $ale of the Century, among others, was a consummate pro.

MIKE DOJC, MWN

My definition is this: While the Canadian version of Definition didn't have the high-stakes prize money of its U.S. equivalent, the beloved show inspired everyone from Mike Myers to the Dream Warriors. SCREENSHOT

Pop culture caché

Definition featured the Quincy Jones instrumental track Soul Bossa Nova as its theme music.

- Mike Myers was a big fan of the show growing up and paid homage by selecting the tune to be the Austin Powers theme song.
- Toronto hip hop duo Dream Warriors also paid their respects, heavily sampling the song on My Definition of a Boombastic Jazz Style.

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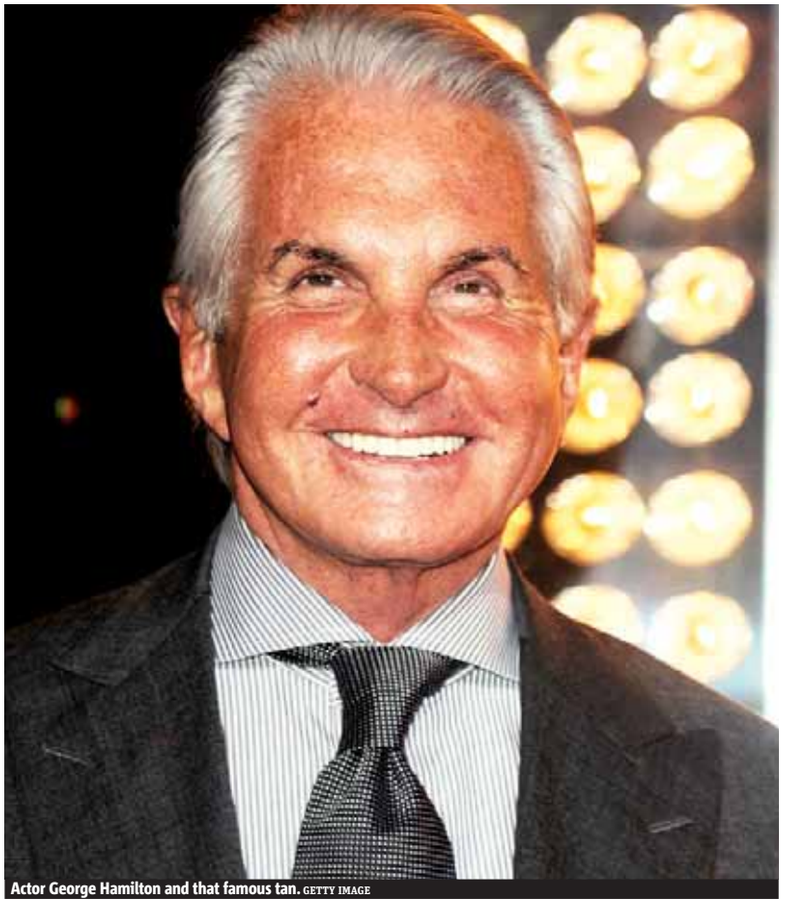

Actor George Hamilton and that famous tan. GETTY IMAGE

Veteran actor/ladies' man Hamilton shows us he's still tan-tastic

Q&A. As smooth and funny as ever, the Love at First Bite star shares some time and advice with Metro readers

MARK BRESLIN
scene@metronews.ca

George Hamilton is renowned for his handsome, martini-swirling, jet-setter image, and of course that famous bronzed skin. These days he is partial to reality TV shows and movie spoofs, although in his early acting days the Tennessee native was a serious contender for dramatic film stardom. He drifted into comedy and parody though, occasionally delving into drama or theatre, but ultimately forming a successful career. Here Metro's Mark Breslin poses some questions to the man himself.

You've been involved with some of the most beautiful women in the world. What advice would you give a young man just starting out?
The first thing you tell a woman is that sex is something you want and you wouldn't be with them unless you wanted to have sex. You may have dinner with them 100 times before that happens but you want them to know you would never pounce on them. Then you let the woman know you're old-fashioned; basically you open doors, stand up for them. That puts you in control, they can't even open the door without you, it's wonderful. And you order for her, they find it very charming. And then the other part of that is, you don't have to say you're faithful. There could be the possibility of other women but you never lie. You never lie about that.

George, you're known for your signature tan. Do you have any friends that are dermatologists?
Yes and they've all asked me what my secret is.

How many tuxedos do you own?
Probably about 50. Sinatra probably wants one of them back.

Do I have to ask your position on casual Fridays?
I don't even know what casual Fridays are.

Do you think it's a particular challenge for a handsome man to do comedy?
I don't think anyone expects a good looking guy to be funny and I think that's part of the problem. I had to produce movies like Love at first Bite, and Zorro: The Gay Blade just to show that I was funny. Then they forget that you can play serious!

Building on his television success

With Canada's housing market showing signs of cooling, prospective buyers need to stop looking for their "dream home" and be practical, says celebrity contractor Mike Holmes.

"We need to buy with a solid mind, meaning, is the area smart to buy in?" the construction and renovation expert said in a recent phone interview to promote his new series, Holmes Makes It Right.

"What is the area? Does it contain asbestos, does it have termites in the area? We can find all this out before we look but we're not doing that little bit of homework that is so necessary, even trying to find the right home inspector before we buy," he added.

"When it comes to your home, one thing that's really clear: this is about the most money you're ever going to spend in your life — don't you want to spend your money right? Buy with a proper conscience of what you need to buy and not of what you think you want."

Toronto native Mike Holmes HANDOUT

In Holmes Makes It Right, the beloved, brawny Toronto native does what he did in his previous series, Holmes on Homes and Holmes Inspection: He comes to the rescue of distraught homeowners suffering from contracting work gone wrong.

Only this time, he's also taking on larger projects, including the redesign and build of an arson-destroyed High Park playground in Toronto, and the construction of an accessible outdoor deck and dining area for a paralyzed teacher.

"The storyline in Holmes Makes It Right is so much bigger and I'm the type of guy, I can't turn a blind eye to something," said Holmes, who is still in touch with many of his clients from past episodes and often gets thank-you presents and cards from them.

"So if I actually walk in the house and I see a lot more wrong with it, I'm my own worst enemy because then I'll say, 'We need to look into this, we need to look into this,' and before we know it, from what is scheduled to be a three-week job turns into six months of construction and a half a million dollars later."

Holmes said when he first agreed to be on television over 10 years ago, he vowed it would just be for two years because he's too busy.

Tune in

Homes Makes It Right debuts Tuesday (at 9 p.m. ET/PT) on HGTV Canada.

"And 'Hotel California' stepped in where you won't let me go," he said with a laugh, noting that out of the 100,000 emails he gets from viewers a year, "probably 60,000 of them are begging for help and are in real turmoil."

"That I can't help everyone is the hardest thing that I face. I wish I could. A lot of these people may go bankrupt, lose their home ... (go through) divorce — I call it divorce dust. But I'm doing what I can and I'm trying to teach so they don't fall in this trap."

While Holmes may hear from viewers often, that's not the case when it comes to the contractors whose shoddy work led to the disasters he sees in homes.

"Out of almost 200 shows that I've finished by this date, there's only two contractors that I've heard from," he said. "They put the tail between their legs and sort of run. It's a shame but it's expected. "They realize they were wrong and I can only hope that the majority learn from what they saw on television." THE CANADIAN PRESS

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Miley Cyrus. ALL PHOTOS GETTY IMAGES

Hemsworth and Cyrus get matching tattoos

They've already proven their devotion to each other through getting engaged and adopting more than enough dogs, but Miley Cyrus and fiancé Liam Hemsworth apparently wanted to go a step further and get connecting tattoos.

In July, Cyrus had an excerpt from a speech by Theodore Roosevelt inked on her forearm, and Hemsworth has since gotten the rest of the quote tattooed on his forearm, according to Hollyscoop.

Quoted

"If he fails, at least fails while daring greatly"

What one half of the Cyrus/Hemsworth tattoo says.

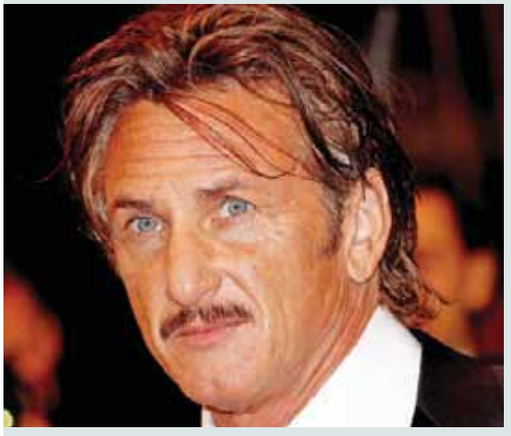
Cyrus' arm has one part, Liam has the other.

"So that his place shall never be with those cold and timid souls who neither know victory nor defeat," while Hemsworth's continues, "If he fails, at least fails while daring greatly."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Penn and Madonna re-uniting?

THE WORD
Dorothy Robinson
scene@metronews.ca

Forget the rumours of Beverly Hills 90210 actors Luke Perry and Jennie Garth falling back in love after reuniting for an Old Navy commercial — here's a pop culture reunion that's much, much juicier.

On Thursday, Sean Penn sat front and centre at his ex-wife Madonna's Staples Center concert and even visited her backstage.

An extremely excited (and pervertedly descriptive) source tells RadarOnline that during the concert, Madonna "stared Sean dead in the face, smiled, unzipped her pants, and mooned the crowd, but it was really like she was mooning Sean!"

The source added that, "He laughed and clutched his chest like he was going to pass out. She was wearing a black lacy thong, and her butt looked perfect! So smooth and tight. ... like a 20-year-old's!"

After the show, Penn was spotted backstage "gushing" over his ex.

"Sean was like a teenage boy meeting his idol," another eyewitness told the site. "It was amusing, and kind of cute."

Penn and Madonna were married from 1985 to 1989. It was, by all accounts, a tumultuous relationship fraught with court cases, fights and the amazing disaster that was Shanghai Surprise.

But, hey — perhaps the past 30 years have mellowed out the stars. Oh man — like an adult who continues to hold out hope that their divorced parents will get back together despite living in different states for 20 years — I want this so much.

Mila Kunis

Kutcher and Kunis heating up

Ashton Kutcher and Mila Kunis continue to sweep New York with the public displays of affection, this time treating themselves to some gelato in the West Village, according to People magazine.

"When they walked out, Ashton fed Mila some of her ice cream," a source said. "They were very cute together."

Kutcher has been staying with Kunis while she films a movie in New York, and while there they've done little to hide their love.

Twitter

@hughhefner
I'm working on my scrapbook this afternoon, Volumes 2610-1, covering May 27-June 1, 2012, including the return of Crystal. Happy days!

@RealHughJackman
On set for my birthday. Thanks for all the best wishes!

@stephenfry
Wonderful lunch with a friend & his family in Kent. Then a stout walk in leafy lanes & woods. How beautiful the countryside there is.

@SarahKSilverman
No one's looking

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Ditching the very distracted dinner table

Family time. Sitting down to eat together is an important part of inspiring and engaging

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

Adults are also encouraged to share parts of their day at the dinner table. SUBMITTED

My 13-year-old daughter came home from school and said her teacher had asked the class how many families had dinner together on a regular basis.

To her (and my) surprise, she was the only one who raised her hand. Fellow students reported that they were more likely to eat in front of the television alone, in their rooms or grab fast food on the way to an activity.

When kids are little, parents physically have to be in attendance to make sure their nutritional, hygienic and logistical needs are met during meals.

As they get older, the physical needs wane, and it can seem easier to just have everyone take care of themselves. Additionally, it can become more difficult for families to find an evening when there isn't a hockey game, a late meeting or a school fundraising activity to get to — which makes it all the more important to find the time to eat together on the nights where everyone can make it to the table.

Not only does it inspire and engage the children in conversation about their day, but it helps to avoid the number one complaint that parents have about bad table manners they see in their own and other kids: The inability of kids to sit still during a meal.

Technology has invaded our dinner space with television, tablets, and, of course, the constant use of smartphones, with email and texting. Eliminate the distractions and start talking. Mom and dad need to be the role models for this behaviour, so put away the phone before you sit down at the table, and make it a family rule.

Conversation lagging? Consider bringing some quiz questions to the table on current events that are age appropriate for your children.

Adults are also encouraged to share parts of their day, to allow the kids to better understand the challenges and successes they're having.

Where possible, try not to schedule after-school lessons and sports at a time that makes a family meal logistically challenging. Consider changing your "regular" meal time to one that most of the family can manage.

Make sure homework is out of the way as early as possible, so dinner time doesn't have to be fraught with the stress of work to come.

Get the kids involved in meal planning, and remember; it doesn't hurt to have them take responsibility for table setting and clearing. Make it a family activity. Bon appétit! KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM/ OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH

Benefits

The studies speak loud and clear.

- **Healthy lives.** Numerous studies have shown that benefits of families sharing meals include: children being less likely to develop eating disorders, better communication between kids and parents, more fruits and veggies being eaten and kids being more likely to maintain an appropriate body weight.

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- **Why mommy's reaching for that martini.** Follow along with the comedic (mis) adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices

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Glazed Apple-Ricotta Tarts

This recipe makes 12 tarts. NEWS CANADA

Homemade pastry sets the stage for a creamy-sweet combo of ricotta cheese and apples.

1. Pastry: In measuring cup, whisk together sour cream and water. Keep cold in refrigerator.

2. In food processor, pulse together flour, cornmeal, sugar and salt to combine.

3. Pulse in butter until mix resembles large peas. Pulse in chilled sour cream mix until a rough dough forms. Cover in plastic wrap and flatten into disc. Chill at least one hour.

4. Filling: In saucepan over medium low heat, stir apples, sugar, Calvados and lemon zest; cook, covered, stirring occasionally, until apples are very tender, about 30 minutes. Remove from heat and let cool. Stir in ricotta.

5. Preheat oven to 375 F (190 C). Divide dough into 12 pieces and roll into 4-inch (10 cm) discs. Arrange in greased muffin tin. Repeat with remaining dough. Fill each with 2 heaping tablespoons (30 ml) of apple ricotta mix. Fan apple slices over top of each tart. Melt jelly in microwave for about 30 seconds or until pourable. Drizzle over each tart.

6. Bake in centre of preheated oven until pastry is golden and filling is bubbling, about 45 minutes. Transfer to cooling rack and cool 10 minutes before removing tarts from tin.

NEWS CANADA

Ingredients

Pastry
- 1/4 cup (50 ml) sour cream
- 1/3 cup (75 ml) ice water
- 1 cup (250 ml) flour
- 1/4 cup (5 ml) cornmeal
- 1 tbsp (15 ml) sugar
- 1/4 tsp (1 ml) salt
- 1/3 cup (75 ml) cold butter, cubed

Filling
- 2 lbs (1 kg) apples, peeled, cored and diced
- 1/4 cup (5 ml)
- 1/4 cup (50 ml) Calvados
- 1 tbsp (15 ml) lemon zest
- 1/4 cup (50 ml) ricotta cheese

Topping
- 2 apples, peeled, cored, sliced
- 1/4 cup (5 ml) bottled apple jelly

Healthy eating

Choose it and lose it

ROSE REISMAN
for more, visit rosereisman.com

There's nothing like heading to the movie theatre and grabbing a bag of popcorn. But unless you're interested in consuming loads of calories, fat and sodium, watch what you purchase.

Large popcorn with 5 pumps of butter topping, large pop and peanut M&M's

2,280 calories/ 109 gm fat/ 1,380 mg sodium This snack contains an entire day's worth of fat, calories and sodium.

Equivalent

Mindless snacking on a large popcorn with five pumps of butter topping, large pop and peanut M&M's while watching a movie, may lead you to eat the equivalent, in calories, to two pounds of barbecued pork back ribs.

Small popcorn with 1 pump of Becel, small diet pop and Mars bar

840 calories/ 49 gm fat/ 600 mg sodium You can indulge at your fave flick but it's still not nutritional.

HOW TO RETAIN TOP TALENT

IN SMALL BUSINESS

In an era where business models and products can be easily replicated, retaining top talent remains a sure-fire way to stay competitive. Suspect that someone is trying to poach your talent? Particularly for small businesses, it can be challenging to know what your most valued employees really want beyond a competitive salary.

SPOT THE WARNING SIGNS

First and foremost, keep an eye out for the red flags that signal an unsatisfied employee. Keep the lines of communication open about how they find their work, the office environment, and how they feel about their workload. It's easier to remedy a minor irritation than it is a major problem, so don't assume that no news is good news. Take an interest in an employee's satisfaction more than once a year.

FLEXIBLE SCHEDULE

More and more these days, a flexible schedule is the single most important factor in keeping employees happy. People with a long commute may like to shift their working hours earlier or later. People with kids have different needs for summer months. Being able to offer flexibility for employees continually ranks as a key factor in job satisfaction.

WORKING FROM HOME

Are you able to offer the option of working from home sometimes? This has become a viable option for a lot of industries, and the ability to work from home is a huge factor in talent retention. There are tricks to making the arrangement work well, and it is usually a worthwhile investment for small businesses.

Putting value in work done and goals achieved, rather than in actually time spent at a desk in the office, tells employees that you trust them. And work/life balance continually strikes a chord with in-demand people.

FIGURE OUT WHAT MOTIVATES THEM

The ultimate key to keeping employees happy is to figure out what motivates them, and that varies by person and by industry. For some, it is commission or bonuses, so consider a profit sharing arrangement rather than a traditional bonus. Others are different. People in service-based positions like nursing or customer service take a lot from praise outside of the company, so communicating external feedback is important.

Evaluate what motivates your employee most, and tailor your approach for that person.

IT'S ALL ABOUT THE PACKAGE

Top talent is looking for a total package: health and dental insurance, disability, and all that comes with it. That may be more difficult for a small business to organize, but it's usually worth looking at options. Benefits, however, play less of a role in retention than many of the smaller things like flexible working hours — good news for those with limited resources.

Another idea that small businesses are embracing is smaller incentives for things like travel costs, or a health and fitness allowance.

CAREER DEVELOPMENT OPTIONS

Maybe you can't offer tuition reimbursement as a larger organization can, but what about a different creative way of encouraging professional development? Can you offer company access to online learning sessions, or co-ordinate some kind of cross training where they learn and develop other skills? Think creatively about what would work for your industry.

WORK CULTURE

Small businesses can offer something that large corporations sometimes can't — a tightknit, collaborative team. Making work fun (as arbitrary as that may sound) makes a difference to people, and can help the day-to-day become much more enjoyable.

Go to workopolis.com/resources to read more. *— Workopolis*

HIRE RIGHT THE FIRST TIME: THREE MISTAKES TO AVOID

Hiring the wrong person can be huge expense for a small business. Get it right the first time and avoid these three incredibly common hiring blunders.

1 DON'T GET BACKED INTO A CORNER. This might be the situation we see most in small businesses. You need to find someone fast, but you can't find the candidate who is quite right. So you settle because of the pressure to find someone quickly. Big mistake. Even if a candidate is "OK" in a number of areas, 10 "just OKs" does not make one overall "excellent." Take the time to find the ideal candidate, and you won't have to do it again six months later.

2 FORGOING SKILL TESTING. It seems logical that if someone says they have expert level skills in something they would actually have them, right? Sometimes, sure. But actions speak louder than words. It can be beneficial to do some on-the-spot skill testing to verify a candidate's claims — be it editing, coding, cold calling, or using any kind of software program. There's nothing wrong with asking people to show you what they've got.

3 NOT MEETING THE TEAM. Team interviews are increasingly becoming part of the hiring process in small businesses where members work together closely. This can serve as a great opportunity to observe how a candidate would fit into their prospective new team by soliciting feedback from each team member.

Go to workopolis.com/resources to read more. *— Workopolis*

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BANKING ON A DREAM BUSINESS

SCOTIABANK SEES WISDOM OF COUPLE'S PLANS

GEORGE DOYLE/STOCKBYTE/THINKSTOCK

One year ago, Amy and Chris Masich took a bold step and opened Luna + Hill, a unique clothing store in downtown Saskatoon. The store represents many things to the couple: The realization of a long-held dream; the culmination of years of careful planning; and a significant risk.

"Although we had talked about going into the clothing business for years, we didn't act on it until we both had established, stable careers," says Chris Masich, a lawyer. Amy Masich was a school teacher. In their mid-20s, the husband-and-wife team set out on a new path: Creating the shop they had long envisioned.

As two accomplished professionals, they took a comprehensive, studied approach to developing a business plan. They visited and interviewed retailers in Vancouver, San Francisco and other West Coast cities. They identified potential suppliers and clothing lines, studied demographic and economic projections for Saskatoon, and met with local bankers. Only one, Scotiabank, seemed sympathetic.

"Unlike the other banks we visited, the folks at Scotiabank saw the wisdom of our plans, and offered helpful advice on everything from insurance and point-of-sale terminals to marketing mentorships," says Chris Masich. "They recognized that what we wanted to create would not only be feasible, but also good for the community."

Scotiabank provided the start-up loan the couple needed to renovate a shop in downtown Saskatoon and acquire inventory, along with the line of credit needed to maintain cash flow throughout the retail cycle. The bank's support, along with the strength of the Luna + Hill brand, continue to drive the business' success.

Luna + Hill closely reflects the personalities of Amy and Chris Masich. There are clear commitments to the environment and the community, for instance; concepts such as fair trade, handmade, locally produced, organic and recycling are all taken seriously. The brand marries casual urban chic with Prairie practicality and modesty. Customers are served tea and encouraged to learn about where and how the clothes are made, and how to care for them properly.

"It's a thrill for us to share our passion with customers," says Chris Masich. "It feels like we're on this journey together."

5 KEYS TO SUCCESS

1. Write a business plan that includes everything from marketing and operations costs to revenue projections.
2. Understand and apply your unique skills and expertise to the business.
3. Clearly identify, define and target your market.
4. Develop a value proposition — understand how your product or service adds value to your customers.
5. Find reliable, trustworthy advisers who can provide the expertise you are looking for.

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Fatigue getting a failing grade in France's schools

C'est la vie! Country looking to upend school year traditions in support of work-weary youngsters

Critics of the possible addition of a Wednesday school day in France have suggested lengthening lunch to three hours to tackle the long work days of students. CHRISTOPHE ENA/THE ASSOCIATED PRESS

French children go to school four days a week. They have about two hours each day for lunch. And they have more vacation than their counterparts almost anywhere in the West.

It may sound a bit like the famously leisurely work pace enjoyed by their parents, most of whom work 35 hours per week as dictated by law.

But the nation's new government says elementary school kids risk classroom burnout, and is moving to help them cope. The issue: French school days may be relatively few, but they are at least as long as a day of work for adults. Even 6-year-olds are in class until late into the afternoon, when skies are dark, attention flags and stomachs rumble.

As a candidate, President Francois Hollande promised to change things by adding a fifth day of classes on Wednesday while shortening the school day. For France, it's something of a revolutionary idea that would overturn more than a century of school tradition. The thinking is that the days are too full for young children under the current system and that Wednesday free time could be put to more productive use.

The long and short of it

France has the shortest school year and the longest day."

Ecoliterate co-author Lisa Bennett

"France has the shortest school year and the longest day," Hollande said at the time, promising change.

His education minister, Vincent Peillon, will decide this month how to carry out the reform. He has said he may also compensate for a shorter school day by trimming France's sacred summer vacation. A panel of experts will present their conclusions on Friday, and the president is expected to address the issue on Tuesday.

No proposal affects tradition — and potentially family and municipal budgets - as much as what the French call changes to the "scholastic rhythms."

There's been a midweek break in French primary schools dating back to the 19th century, a government concession to the Roman Catholic Church, which wanted children to study the catechism on their weekday off. In today's secular France, Wednesdays currently are a blur of sports, music, tutoring for families of means, or a scramble for working parents struggling to get by — who must either find a sitter or send their kids to a full day at a state-run leisure centre.

Many parents are afraid that the changes will force them to figure out extra childcare five days a week, especially at schools where the afternoon program amounts to sitting silently at a desk for two hours or near-chaos in the play areas. Under the education proposal, school would end at lunchtime on Wednesday.

"It's completely unrealistic," Valerie Marty, president of the national parents' organization, said of the proposed timetable. "They have to figure out who will take care of the children after school, who will finance it."

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The In-Credibility Factor

Name: Devon Brooks
City: Vancouver
Age: 26
Occupation: Brand and business advisor, public speaker

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Devon Brooks PROVIDED

Devon started Blo Blow Dry Bar with two other women when she was still in school and today it has grown to 28 locations across Canada and the U.S. While starting her business no one knew she was going through post traumatic stress disorder from being raped when she was 18 and violently assaulted and held against her will when she was 21. Today she speaks about her experiences and how personal troubles shape our lives and affect how we do business.

I knew I was on my way when... I gave my first public talk about my experiences with assault. I knew sharing this was the most important thing I was going to do. You're not always responsible for what happens to you, but you are responsible for how you behave. As a leader, if you're not abreast of what's impacting humanity, you can't understand what's impacting your people. Statistics around violence are staggering. Leadership is in how we react to what we learn — it shapes and defines the future for our companies, teams, and our lives.

Action Plan

• Define your core values: They are the essence of us as individuals and the foundation of our company's potential. Live and die by your values. Hire and fire by your values.

• Never sacrifice them: Most things in life are negotiable. Your values are not one of them.

• Get real on passion: Passion is a choice. It is when you give something more energy than is required. Passion is your core values in action.

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MLB

Wild-card Cards get the jump on Giants

This time, Carlos Beltran, David Freese and the St. Louis Cardinals took a six-run lead — and held onto it, barely.

Beltran and Freese hit two-run homers and these wild, wild-card Cardinals beat the San Francisco Giants 6-4 on Sunday night in Game 1 of the NL championship series.

The defending World Series champions took an early 6-0 cushion and made it stand up. Only two nights earlier, the Cardinals came back from a 6-0 deficit, using a four-run rally in the ninth inning at Washington in the deciding Game 5 of the division series.

"The way we play the game, we have been in this type of situation before in the regular season," Beltran said. "These guys have this mentality of not panicking."

The St. Louis bullpen delivered with 5 1/3 scoreless innings after starter Lance Lynn was chased early. Edward Mujica, the fifth St. Louis pitcher, struck out the side in order in the seventh for the win. Jason Motte finished for his second save of the postseason.

The Cardinals gave first-year manager Mike Matheny a win against his former club. Matheny's crew hardly looked road weary after a cross-country trip. The Giants dropped to 0-3 at home so far during these playoffs, outscored 20-6 at AT&T Park.

THE CANADIAN PRESS

Carlos Beltran celebrates his two-run home run with teammates Sunday in San Francisco.
GETTY IMAGES

Umpire Jeff Nelson watches Detroit's Omar Infante dive back to second as Yankee Robinson Cano applies the tag on Sunday night at Yankee Stadium. Nelson called Infante safe on the game-changing play in the eighth inning. BRUCE BENNETT/GETTY IMAGES

Missed call propels Tigers to 2-0 lead

The Detroit Tigers got a big boost from Anibal Sanchez's arm. They got a helping hand from an umpire, too.

The reward: A commanding 2-0 lead in the AL championship series, and a trip home with their ace ready to start.

Sanchez shut down the Yankees lineup, Detroit scored twice after an admitted missed call by an ump and won without any extra-inning drama, beating New York 3-0 Sunday.

"He was terrific," Detroit manager Jim Leyland said. "This is a tough place to pitch with a tough lineup and a short porch. And a whole bunch of left-handed hitters, it is not easy. That was quite a feat."

Game 2

Tigers	Yankees
3	0

New York starter Hiroki Kuroda pitched perfect ball into the sixth inning to keep pace with Sanchez. But Robinson Cano and the slumping Yankees hitters were no match for the 28-year-old right-hander.

"I try to think backwards," Sanchez said. "If the count calls for a fastball, I throw a different pitch. If the count calls for a different pitch, I throw a fastball. I try to mix my speeds."

To get out of a jam in the first inning, he thought backward, all right: Try reaching around his back to snare a grounder for the final out.

Making his second post-season start, Sanchez threw three-hit ball deep into the game to make Leyland's job easier. Closer Jose Valverde gave up four runs in the ninth Saturday and, only hours later, Leyland said the righty wouldn't close Game 2. THE ASSOCIATED PRESS

Jeter injured

Yankees shortstop Derek Jeter was absent for Game 2 on Sunday, off undergoing tests after his left ankle cracked in the 12th inning of Saturday night's 6-4 loss to the Tigers.

- Jeter had scans Sunday, which confirmed the fracture.

Packers find their groove down in Texas

James Jones of the Green Bay Packers catches a pass for a touchdown against Danieal Manning of the Houston Texans on Sunday in Houston.
SCOTT HALLERAN/GETTY IMAGES

Aaron Rodgers and the Green Bay Packers finally put it all together.

The reigning MVP set a career high and tied a franchise record with six touchdown passes and the Packers played their best game of their so far inconsistent season, beating previously unbeaten Houston 42-24 on Sunday night.

Jordy Nelson caught three touchdown passes and James Jones had two, including a beautiful, diving one-hander in the fourth quarter for the Packers (3-3). Tom Crabtree had the other, a 48-yarder that Rodgers threw just before taking a hit from Texans outside linebacker Brooks Reed.

Then there was one

The Texans' loss leaves the Atlanta Falcons (6-0) as the only unbeaten team in the NFL.

Houston had the league's third-ranked defence and badly missed star linebacker Brian Cushing, who was placed on injured reserve after tearing a knee ligament in last week's 23-17 win over the New York Jets.

Still, the Texans had no reason not to feel confident.

Houston is off to its best start in franchise history, while Rodgers and the Packers had been strangely erratic. But the Texans looked like the team out of sorts from the start on Sunday night.

Rodgers completed 15 of 21 passes for 187 yards and was only sacked once in the first half. He connected with six receivers, and didn't miss Greg Jennings, who sat out again with a groin injury.

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4 SPORTS

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Horoscopes

♈ Aries
March 21 - April 20
Not even an Aries can be totally independent, not all the time, so accept that this is one of those occasions when others are calling the shots – and don't just assume that their decisions will be bad for you.

♉ Taurus
April 21 - May 21
An offer of some kind may mean more work for you personally but you are big enough to handle it - and smart enough to realize that if you don't take it someone else will. Don't you dare say no!

♊ Gemini
May 22 - June 21
Today's new moon is so well placed in your chart that even the smallest of efforts on your part will yield super-size dividends. Is there a limit to how high you can rise? No there is not, so go for it.

♋ Cancer
June 22 - July 23
It's time to smooth out any problems you may be having at home. Don't wait for loved ones to make the first move – it is up to you to get bad feelings into the open where they can be dealt with.

♌ Leo
July 24 - Aug. 23
You must make more of an effort to put your point of view across, especially in social situations where your way with words could open doors that have been closed to you in the past. Get your silver tongue working.

♍ Virgo
Aug. 24 - Sept. 23
There is a very good chance that your income will increase over the next few days, maybe dramatically so. You will, of course, find more things to spend it on, so you may not be any better off.

♎ Libra
Sept. 24 - Oct. 23
A new moon in your sign is a firm promise of better days ahead. The most important thing now is that you believe you are capable of anything, for the one thing that could hold you back is self-doubt.

♏ Scorpio
Oct. 24 - Nov. 22
You will be thinking deeply today about your life and the direction it seems to be heading. Change is necessary. Change will bring success. But first you must get over your self-doubt – there is simply no need for it.

♐ Sagittarius
Nov. 23 - Dec. 21
New friendships you make over the next two or three days will last a lifetime. Even a Sagittarius needs encouragement now and again and the people you meet will inspire you to aim higher than ever before.

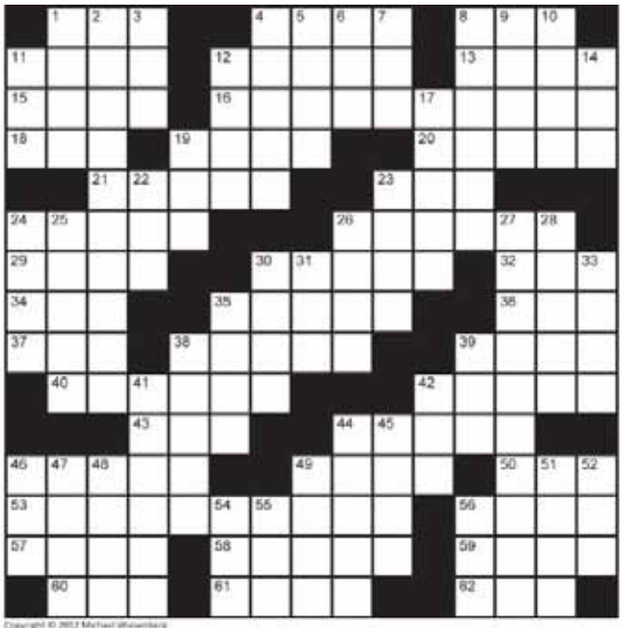
♑ Capricorn
Dec. 22 - Jan. 20
Today's new moon means you are destined for some kind of celebrity status – you will certainly get noticed by the powers that be. Remember though that the bigger your public face the less of a private life you may have.

♒ Aquarius
Jan. 21 - Feb. 19
If you have been thinking about doing something different with your life today's new moon in your fellow Air sign of Libra will help you see that your dream is both possible and desirable.

♓ Pisces
Feb. 20 - March 20
Today's new moon will help you focus on what is important and help you make whatever tough decisions may be necessary. What you achieve before the end of the year depends on what you do now.

SALLY BROMPTON

BY MICHAEL WIESENBERG



Across
1. Expire
4. Feeling achy
8. Ballplayer's hat
11. Pig sound
12. Chess and checkers
13. ___ the Red: 10th-century explorer who founded the first Norse settlement in Greenland
15. Stockings
16. Visiting faraway places
18. Québec neighbour: abbr.
19. Express pain vocally
20. Assistants
21. Covered with water
23. "Barbara ___": 1966 Beach Boys hit
24. Better suited
26. Slumbers
29. Box office disaster
30. Heads or ___: flip choice
32. Certain batteries
34. Female sheep
35. Cash drawers
36. Street: Fr.
37. ___ star: sheriff's badge
38. Appeal strongly to
39. Sask. neighbour
40. Engraves with acid, as glass
42. Foreign
43. Stop color
44. Christmas visitor
46. ___ as that goes: to that extent (2 wds.)
49. Troubadour
50. Wizard of Oz and 2001: A Space Odyssey studio
53. Capital of the Yukon
56. Protagonist
57. Sole
58. Military bigwigs
59. All over again
60. "Limit: one ___ customer"
61. Heed
62. Pig pen

Down
1. See 8-Down
2. Partial regular payment on a debt
3. ___ out a living: barely manage
4. NS-born singer McLachlan
5. Arabian Peninsula sultanate
6. Race, as an engine
7. 180° from WNW
8. With 1-Down, Charlemagne, Québec-born pop singer who has a spectacular show at Caesars Palace in Las Vegas
9. Dry
10. Scent for a car freshener
11. "So that's it!"
12. Bygone Pontiac muscle cars
14. Metric wts.
17. Country roads
19. Cause surface damage to
22. Spider's lair
23. "___ fair in love and war"
24. Aid, particularly someone in the commission of a crime
25. "Changes," "Fame," and "Let's Dance" rocker David
26. Buildup at a river's mouth
27. Canada's government
28. Fry in butter
30. Canada's quintessential coffee and donut place, familiarly
31. Mont Blanc or Matterhorn, e.g.
33. Actor Young or Penn
35. Started a golf hole, with "off"
38. "Been ___, done that"
39. PC key usually next to the spacebar
41. Lunar landscape feature
42. In addition
44. Fresh-mouthed
45. Greek counterpart of Mars (god of war)
46. Hole-punching tool
47. Browse at the mall
48. Judge's decision
49. Scottish hillside
51. Between black and white
52. Cut grass
54. The Sopranos home
55. The sun, for one
56. Possesses

Friday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	1		9		8		7	
			1		4			
6		4				8		2
		6	5		9	2		
3								5
		5	4		1	6		
1		3				4		7
			8		7			
	7		3		6		2	

Friday's Sudoku

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Tuesday 12°/8° Showers
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